



***Moving Forward***  
**[www.TompkinsWorkforceNY.org](http://www.TompkinsWorkforceNY.org)**  
**607-272-7570**

**We are here to help.** During the COVID-19 Pandemic, nearly all people experiencing job loss are eligible for assistance. We encourage you to apply for Unemployment Insurance benefits using the instructions we've provided and to reach out to us with your questions about the application process and next steps.

Unfortunately, not everyone is eligible for unemployment assistance and there can be a wait for some people who are eligible. We *still* encourage you to reach out to Tompkins Workforce with your questions, let us know how we can help you and what other resources and supports you may need.

You can reach Tompkins Workforce at 607-272-7570. Please listen to the whole greeting, leave a message with your name and phone number, and you'll receive a call back by 4:30 PM the next business day. You can also email us through: <https://tompkinscountyny.gov/wfny/jobseekersform>.

**Below, please find information and contact details for important resources within Tompkins Workforce NY and/or provided by other organizations.**

**Benefits Advisement:**

- If you have a disability and are receiving SSI or SSDI, "meet" with a credentialed staff person to better understand how working and earning income will affect all of the benefits you receive (if at all). Also, learn about Work Incentives, which may help you as you transition to work.
- Call 607-272-7570 and ask to speak to a Work Incentive Coordinator.

**InterviewStream:** [nysdol.interviewstream.com](http://nysdol.interviewstream.com)

- Free online interviewing practice is available 24/7; A webcam is not required; mobile friendly!
- For a critique of a recorded interview, request an appointment by calling 607-272-7570.

**Metrix:**

- Over 5,000 free online skills training/enhancement for occupations including: clerical, software, technical, call center, industrial, financial, legal, medical, and more
- Sign up for Metrix by visiting <http://tompkins.skillupamerica.org/>
  - <http://www.metrixlearning.com/catalog-search.cfm> has a searchable list of courses

**Under 25?:** <http://tompkinscountyny.gov/wfny/youth>, <https://www.labor.ny.gov/formsdocs/dews/P91.pdf>

- Specialized services for eligible 14 to 24-year-olds, including educational, employment, and training. Employment preparation, workshops, job search assistance, assessments, connections to tutoring and alternative education, career counseling and exploration. Active participation is rewarded with gift cards. Call 607-272-7570 and ask about JobLink to get started
- JobLand: <https://labor.ny.gov/youth>

**Workshops and Employment Recruiting events:**

- <https://www.facebook.com/pg/Tompkins-Workforce-New-York-Adult-Services-101026967990828/events/>
- <https://www.facebook.com/pg/Tompkins-Workforce-New-York-Under-25-647020799057129/events/>
- <https://labor.ny.gov/workforcenypartners/career-center-events.shtm>

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### Career Research/Resources:

JobZone: [jobzone.ny.gov](http://jobzone.ny.gov)

CareerZone: [careerzone.ny.gov](http://careerzone.ny.gov)

My Next Move: [mynextmove.org](http://mynextmove.org)

My Skills My Future: [myskillsmyfuture.org](http://myskillsmyfuture.org)

JobNow: <https://www.flis.org/public/> NYS DOL: [labor.ny.gov/careerservices/CareerServicesIndex.shtm](http://labor.ny.gov/careerservices/CareerServicesIndex.shtm)

Business Directory: [labor.ny.gov/stats/bdindex.asp](http://labor.ny.gov/stats/bdindex.asp)

O\*Net: [onetonline.org](http://onetonline.org)

Labor Statistics: [labor.ny.gov/stats/lspoj.shtm](http://labor.ny.gov/stats/lspoj.shtm)

Prevailing Wages: [labor.ny.gov/stats/uiwages.shtm](http://labor.ny.gov/stats/uiwages.shtm)

### Job Search Tools: Find announcements and applications for local job openings online:

- Tompkins Workforce New York: [www.tompkinscountyny.gov/wfny](http://www.tompkinscountyny.gov/wfny)
- Essential Jobs: <https://nyhirenow.usnlx.com/>
- Jobs Express: <https://labor.ny.gov/jobs/regional.shtm>
- Job Bank: <https://newyork.usnlx.com/>
- Civil Service Jobs and Exams: Don't forget to check your town/municipality/city civil service options too!
  - City of Ithaca: <https://ithaca-portal.mycivilservice.com/>
  - Tompkins County: <https://www.tompkinscivilservice.org/>
  - NYS: [www.cs.ny.gov/jobseeker/public/opportunities.cfm](http://www.cs.ny.gov/jobseeker/public/opportunities.cfm)
    - Vet Temporary Hiring Portal: <https://www.cs.ny.gov/vetportal/>
  - Federal: [usajobs.gov](http://usajobs.gov)
  - Post Office: <http://www.usps.com/careers>

### Self-EmploymentTools: Ready to solve problems creatively? These might help.

- Business CENTS: <https://www.alternatives.org/community-programs/business-cents>
- Entrepreneurial Behavior: [open.edu/openlearn/money-business/business-strategy-studies/entrepreneurial-behaviour](http://open.edu/openlearn/money-business/business-strategy-studies/entrepreneurial-behaviour)
- Entrepreneurial Assistance Program: <http://esd.ny.gov/BusinessPrograms/EAP.html>

*\*Please be advised if you are collecting Unemployment Insurance Benefits or receiving certain types of public assistance, there may be special rules about starting your own business. Contact NYS DOL to learn more.*

### Free Word Processing Tools: Don't have Microsoft Office? Not a problem!

- Google Drive ([drive.google.com](http://drive.google.com)): Free web-based word processing.
- Office Online ([office.com](http://office.com)): Free, web-based word processing.
- Libre Office ([libreoffice.org](http://libreoffice.org)): software that can be downloaded, designed to imitate Microsoft Office tools; you don't have to have internet access to use programs once you've downloaded it.

### For more assistance:

In our community, there are many organizations and volunteer groups that are working hard to get resources out there. Depending on your needs, you may find help through:

Child Development Council: <https://www.childdevelopmentcouncil.org/covid19-resources/>

Catholic Charities: <https://www.catholiccharitiesst.org/news-and-events>

Mutual Aid: <https://www.facebook.com/groups/209042093515340>

Many government agencies (DSS and Office of the Aging, for example) are working remotely to provide continued supports and services.

### There are several online tools that may help you find specific resources:

Resources for Working Families: <http://otda.ny.gov/workingfamilies/>

Benefit Finder: <https://www.benefits.gov>

Tompkins/Cortland 2-1-1: <https://hsctc.org/211tompkins/>

NY Connects: <https://www.nyconnects.ny.gov/>

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COVID 19 Worker Benefit Guidebook: <https://wnycosh.org/app/uploads/2020/03/WNYCOSH-COVID-19-Worker-Benefit-Guidebook-FINAL.pdf>

Mutual Aid: [https://docs.google.com/document/d/1ZEXEJqzSsvJYmjp\\_BQTh7ERrGZfwo7a85SIgQZlOgY/](https://docs.google.com/document/d/1ZEXEJqzSsvJYmjp_BQTh7ERrGZfwo7a85SIgQZlOgY/)

**Resources to help New Yorkers:** <https://osc.state.ny.us/covid-19/financial-toolkit.htm>. It includes a section about help paying bills:

- Mortgage Relief - Coronavirus: Information for Consumers and Businesses: <https://www.dfs.ny.gov/consumers/coronavirus>
- Evictions -
  - NYS Unified Court System: <http://www.nycourts.gov> or call 1-833-503-0447 (24/7 hotline), press prompt #4 for eviction information
  - NYS PAUSE Executive Order: <https://www.governor.ny.gov/news/governor-cuomo-signs-new-york-state-pause-executive-order>
- Utilities-Department of Public Service: <http://www3.dps.ny.gov/> or 1-800-342-3377
- New York State Income Taxes-Response to Coronavirus: <https://www.tax.ny.gov/press/alerts/nys-tax-response-to-covid-19.htm>
- Federal Income Taxes-Coronavirus Tax Relief: <https://www.irs.gov/coronavirus>
- Credit Cards, Debt, Mortgages and other bills - Coping with Debt: <https://www.consumer.ftc.gov/articles/0150-coping-debt>

**If you have lost your health insurance coverage or are uninsured**, NY State of Health can help. You may be eligible for quality health insurance at little or no cost. Apply online [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov), connect with an application assistor through [info.nystateofhealth.ny.gov/findassistor](http://info.nystateofhealth.ny.gov/findassistor), or call 1-855-355-5777.

### **SNAP (Supplemental Nutrition Assistance Program)**

Do you need help paying for food? SNAP benefits can help you put healthy food on the table. Please visit [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov) for more information and to apply.

### **WIC (Women, Infants and Children)**

Are you pregnant, postpartum, breastfeeding or have children under 5 and need help with healthy foods, breastfeeding or health care referrals? Visit [www.health.ny.gov/prevention/nutrition/wic](http://www.health.ny.gov/prevention/nutrition/wic) or more information and to apply.

**In terms of options to work from home, there are a few tools and businesses customers have reported using.** The safest approach is to visit the websites of potential employers and see what their options are. Most of the options readily available are tech support/customer service-based. Please note, that just like any other word of mouth resource, many sites/pages should only be used as a starting point for further research.

[https://drive.google.com/file/d/1sr5IKd7wA9AOv\\_BVZC\\_Xg532uo8jTAag/view](https://drive.google.com/file/d/1sr5IKd7wA9AOv_BVZC_Xg532uo8jTAag/view)

[https://drive.google.com/file/d/1Uqskwr2FkmSGH1H82QsjNCYzhZ9M\\_F80/view](https://drive.google.com/file/d/1Uqskwr2FkmSGH1H82QsjNCYzhZ9M_F80/view)

<https://www.xerox.com/en-us/jobs/work-from-home>

<https://www.apple.com/jobs/us/aha.html>

<https://sutherlandcloudsource.com>

<https://jobs.hiltonworldwide.com/search>

<https://amazon.jobs>

<https://www.geneva.worldwide.com/about/careers>

<https://www.genevaworldwide.com/about/freelance-opportunities>

<https://www.languageline.com/careers>

<https://lsaweb.com/careers/>

<https://worldwideinterpreters.com/careers/>

[Idealist.org](http://Idealist.org) allows you to search for remote leads as well

<https://tompkinscountyny.gov/wfny/disclaimer>

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### More free online learning opportunities:

10 free online workshops! These are self-paced programs from Tompkins-Cortland Community College's online catalog and are available between now and June 30th. Course work needs to be complete by June 30th.

<https://www.ed2go.com/tc3/SearchResults.aspx?SearchTerms=free>

The courses are:

- Creating Web Pages
- Creating WordPress Websites
- Fundamentals of Supervision and Management
- Twelve Steps to a Successful Job Search
- Keys to Effective Communication
- Managing Customer Service
- Marketing Your Business on the Internet
- Personal Finance
- Small Business Marketing on a Shoestring
- Individual Excellence

### FREE ON-LINE LEARNING (a few may charge fees for some content/features)

tompkins.skillupamerica.org

open.edu

score.org

alison.com

life-global.org

gcflearnfree.org/topics

skillscommons.org

sparknotes.com

coursera.org

edx.org

khanacademy.org

trailhead.salesforce.com

learnaccountingforfree.com

excelexposure.com

Extension.harvard.edu/open-learning-initiative

b-ok.org

openstax.org

tutorial.math.lamar.edu

w3schools.com

educba.com

oyc.yale.edu/courses

als.csuprojects.org/open\_educational\_resources

udemy.com

udacity.com

codecademy.com

skillshare.com

academicearth.org

wallstreetprep.com

ocw.mit.edu/index.htm

<https://www.coursera.org>

youtube.com/channel/UCkndrGoNpUDV-uia6a9jwVg  
(Excel)